

Event Details	
Event Name	Value Added Course
Topic	Health and Wellness
Date	2024 -04 - 15 to 2024 -04 - 19
Mode	Offline
Organizer Name	Dr. Priya jindal and Dr. Amandeep Kaur
No. of Participants	104
SDG No	SDG 3: Good Health and Well-being , SDG 4: Quality Education , SDG 8: Decent Work and Economic Growth , SDG 9: Industry , Innovation and Infrastructure

Objective :

- 1)To encourage students to adopt healthy lifestyles including regular physical activity , balanced nutrition and tobacco free living .
- 2)To encourage Self Awareness and Emotional Intelligence through reflection and self-exploration .
- 3)To promote stress management techniques such as mindfulness , meditation and relaxation exercises .
- 4)To emphasize the interconnection of physical , mental and emotional well-being .

Description :

Health and wellness , a 5 day workshop was designed and conducted for B.Com students of 2023 batch of the UG Department of Chitkara Business School from 15th -19th April2024 . The 5 day course not only came out as a successful event but also laid the foundation of inspiration and motivation amongst the coming generations with respect to a journey towards a healthier lifestyle . The eminent speaker like Bindu Bansal, Dr Bandana Bisht, Dr Shweta Sharma,Dr kajal Sharma, Dr Gurneet Dhanda, Dr Kanika Guleria, Kanu Mahajan , Charanjeet kaur and Dr Sunil Sadiq imparted valuable insights to nourish our body, mind, and soul. This immersive experience offered a holistic approach to well-being , incorporating various activities aimed at promoting physical vitality and mental clarity . From invigorating yoga sessions to mindfulness workshops , our event provided opportunities to explore different paths to wellness . Engaging in energizing exercise classes led by experienced instructors , or unwind with soothing meditation sessions that promote relaxation and inner peace . Learning about nutrition and healthy eating habits from experts who guided students in making nourishing choices for optimal health . They educated participants about healthy lifestyle choices and preventive measures to help them reduce their risk of developing chronic diseases such as diabetes , heart disease , and obesity .

Outcomes :

1. Some activities , such as mindfulness meditation or yoga , can enhance focus , concentration , and cognitive function .
2. Health and wellness activities can contribute for personal growth , self-reflection , and empowerment as individuals .
3. Engaging in health and wellness activities can reduce stress , anxiet , and depression .

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4. Regular participation in health and wellness activities can lead to the development of healthy habits that promote long-term healthy life.



Dr. Gurneet kaur Dhanda discussing about optimal health and wellness activities



Madam Bindu Bansal imparted knowledge on mindfulness meditation or yoga



The Healer Expert with faculty



Dr Bandana Bisht sharing insights on substance use and their preventive measures